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英语 (第二版)

综合实训 第三册

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综合实训

第三册

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♡♡♡
BE KIND
to one
ANOTHER

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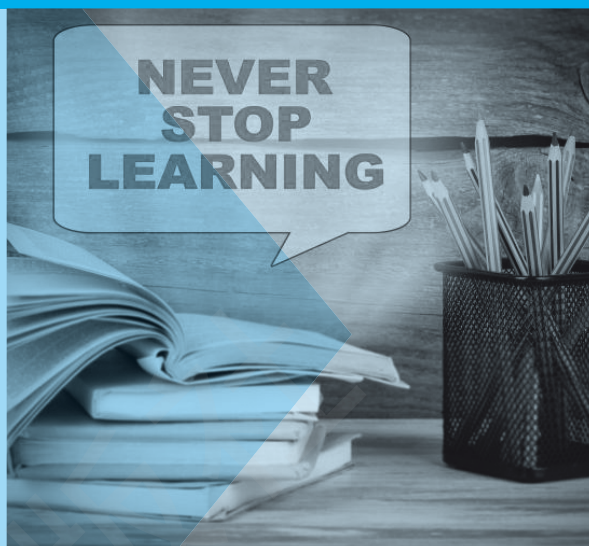
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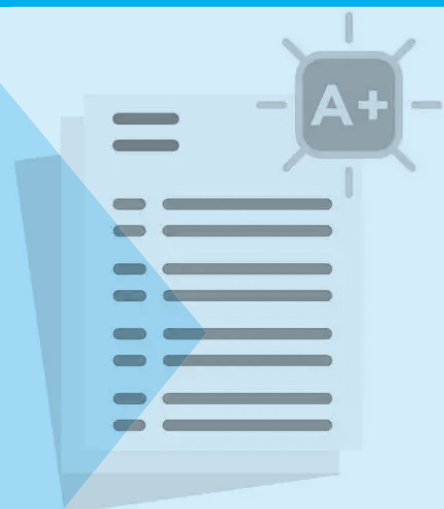
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Unit 1

Embrace the World with Virtue



Part I

Listening and Speaking

Task 1 Listen to the dialogues and choose the best answer.



1. What is the relationship between the speakers?
A. Father and daughter. B. Husband and wife. C. Boss and secretary.
2. What are the speakers mainly talking about?
A. What food to order. B. Where to buy food.
C. How to cook food.
3. Where are the speakers?
A. At the man's home. B. At the woman's home.
C. At a cafe.
4. What does the man want to know?
A. Tips on making a pie. B. Meanings of expressions.
C. Problems of eating dessert.
5. What will the man do later?
A. See a doctor. B. Go to the beach.
C. Have dinner with his parents.

Task 2 Listen to the conversation and choose the best answer.



1. What are the speakers doing?
A. Cooking a meal. B. Buying healthy food.
C. Making a meal plan.
2. Why does the woman disagree with the suggestion of bacon?
A. It's not to her taste. B. It's not quick to make.
C. It's not healthy enough.
3. What will the speakers have for lunch?
A. Some potato chips and soda. B. Sandwiches and a piece of fruit.
C. Salad and some chicken with rice.
4. What is the probable relationship between the speakers?
A. Fellow workers. B. Chef and customer.
C. Husband and wife.

Task 3 Listen to the passage and fill in the blanks.

If you want your life to stand for peace and kindness, it's 1 to do kind, peaceful things. One of my favorite ways to do this is developing my own helping rituals. These little acts of kindness are opportunities to be of service and 2 of how good it feels to be kind and helpful.

A helping ritual that I practice regularly with my two children is 3 litter in our surrounding area. Picking up litter is only one of endless supplies of possible helping rituals. You might like holding a door open for people, visiting lonely 4 people in nursing homes, or, shoveling snow off someone else's driveway. Think of something that seems 5 yet helpful. It's fun, personally rewarding, and sets a good example. Everyone wins.

Task 4 Pair work. Make a dialogue according to the given situation.

Situation: Two students are talking about their understanding of virtues.

Useful tips:

... is an important quality that shapes our character and guides our actions.

It is ... that we strive to embody in our daily lives.

Virtue can be seen in many aspects of ...

Part II

Vocabulary

Task 1 Read and match.

- | | |
|--|----------|
| 1. Virtue is like water. | A. 锲而不舍 |
| 2. social morality | B. 百善孝为先 |
| 3. Filial piety is the basis of all virtues. | C. 同理心 |
| 4. persistence | D. 社会道德 |
| 5. empathy | E. 上善若水 |

Task 2 Put the following sentences into Chinese.

1. Do not do to others what you do not want others to do to you.

2. Sincerity is the highest virtue in life.

3. The greatest virtue in the world is to love our motherland.

4. Without faith, there is no real virtue.

5. A man without virtue is always jealous of the virtues of others.

Task 3 Complete the following expressions according to the Chinese meanings.

1. the system of socialist _____ (社会主义核心价值观)
2. the goals of building a _____ (建设社会主义现代化国家的目标)
3. _____ equal political rights (公民享有平等的政治权利)
4. _____ between human and nature (“人与自然”和谐相处)
5. the basic _____ of citizens (公民基本的道德规范)

Part III

Grammar

Task 1 Choose the best answer to complete each sentence.

1. The city _____ by an army of 600 men was difficult to take.
A. defense B. defendant C. defend D. defended
2. The bus driver was badly _____ on both legs in the traffic accident.
A. wounded B. hurt C. injured D. harmed
3. We have made approaches _____ them with an intention to form a business partnership.
A. towards B. on C. with D. to
4. There was a second knock at the door. It was the second time I had been _____ that evening.
A. interfered B. interrupted C. interviewed D. introduced
5. As is reported, every means has _____ practical and everything is going well in the experiment.
A. proved B. verified C. confirmed D. testified
6. You must get there within an hour. There should be no _____ in sending this information to him.
A. question B. problem C. quarrel D. delay
7. Dark glasses are sometimes worn to _____ the eyes from strong sunlight.
A. protest B. prevent C. protect D. guarantee
8. —What's your plan for next Sunday?
—I am _____ to visit Jane next Sunday.
A. known B. supposed C. regarded D. considered

9. _____ his excited look, he enjoyed himself at the party.

A. Judging from B. Depending on C. Deciding from D. Relying on

10. Whatever _____ he may give, they can only be excuses.

A. results B. reasons C. excuses D. conclusions

Task 2 Fill in the blanks with the proper form of the words given in the brackets.

1. Her story _____ (touch) us all deeply.

2. Parents must make use of their natural ability to _____ (empathy) .

3. The new posts were only advertised _____ (internal) .

4. She emphasized that their plan would mean _____ (sacrifice) and hard work.

5. The company's financial problems were only a temporary _____ (reverse) .

Part IV Reading

Task 1 Cloze.

I received a letter recently from a grandmother. She told me about her four-year-old granddaughter Skylar. When Skylar learned 1 Disneyland from TV, she began to save her pocket money in a piggy bank. She hoped to visit it someday. Her parents took her there when she was four years old, and didn't use her savings at all! When Skylar 2 from Disneyland, it was Christmas time. She decided to buy presents with her savings. But she also learned on TV about a local homeless centre called "The Road House". She 3 her mother again and again 4 homeless meant and why those children needed toys and warm clothes.

She couldn't seem to get the homeless 5 her mind. Her mother took her to the shop to buy presents. She didn't buy any presents for 6 or her family, however, she bought a girl's 7 coat and a pair of socks for the centre. She was so 8 waiting for Christmas! She was thinking about going to the centre and 9 her carefully picked gifts to a homeless child. On Christmas Eve, she and her family drove to the centre. Skylar gave her Christmas box to a thankful child. She was so filled with 10 at truly helping someone else that her family decide to go to the homeless centre every year.

- | | | | |
|------------------------|--------------|------------|------------|
| () 1. A. from | B. at | C. in | D. of |
| () 2. A. came in | B. came back | C. came on | D. came up |
| () 3. A. told | B. showed | C. asked | D. taught |
| () 4. A. how | B. what | C. why | D. when |
| () 5. A. on | B. off | C. up | D. down |



- | | | | |
|--------------------------|--------------|------------|------------|
| () 6. A. herself | B. himself | C. myself | D. itself |
| () 7. A. big | B. old | C. warm | D. soft |
| () 8. A. tired | B. surprised | C. worried | D. excited |
| () 9. A. bringing | B. showing | C. lending | D. giving |
| () 10. A. happiness | B. sadness | C. love | D. hope |

Task 2 Read the passages and choose the best answer.

A

What do you read when you are traveling by train or bus?

What are other passengers reading? Perhaps a woman sitting near you is reading a trashy romantic novel. A man is reading a serious biography about a politician. And there's a student reading an English textbook.

What do their choices say about them? Do you judge them by what they are reading?

I have got to tell you that your impressions of them are probably completely wrong. The woman reading the romantic novel could be a lawyer. She just wants a light read to take her mind off work.

The man reading the biography wants you to think that he is an intellectual, but he is just showing off. The student reading the textbook isn't a student at all. She's an English teacher.

Publishers know that some people are self-conscious about what they read on public transport and so they put out different versions of a cover. For example, books about *Harry Potter* have an original cover for young readers and then another more serious version for adults.

So next time you are on a train, look around and see what other people are reading, but don't jump to any conclusions. You will probably be wrong. Here is a situation where you could say, "Don't judge a book by its cover".

1. What is the topic the man is reading in the second paragraph?

- A. News. B. Politician. C. Romance. D. English.

2. Why is the person reading an English textbook?

- A. Because she wants to take her mind off work.
B. Because she wants you to think that she is an intellectual.
C. Because she has to do homework.
D. Because she is an English teacher.

3. According to the passage, which of the following statement is TRUE?

- A. Our impressions of people are always correct.
B. We can reach a right conclusion according the book someone reads.
C. We cannot judge a person only based on the book he or she reads.
D. People read only for acquiring knowledge.

4. How do publishers deal with people's self-consciousness?

- A. They design different versions of a cover for different groups of people.
- B. They put out different books for different ages.
- C. They encourage people to read on public transport.
- D. They encourage people to read in private time.

5. Which is the best title for the passage?

- A. The Strategy of Publishers
- B. No Judgment of a Passenger Based on a Book
- C. Read More on Public Transport
- D. The Benefits of Reading

B

Nobody wants to lose, but we must accept that losing is part of life. After all, we can't win all the time. However, we can learn something valuable from every failure. This may help us succeed in the future. So we must know how to be a good loser.

Failure is the mother of success. When we lose, just take it with a smile and look on the good side of it. Edison failed 10,000 times but had learned 10,000 things which didn't work.

Losing is not very frightful. So don't be afraid. We must accept our failure and learn something from it. Remember that it can be helpful. Take action to walk out of it. When we lose, think about what we did and how we can improve.

We should face our failure when we lose. There is only one winner in every competition. Some win, while some lose. That is a usual way of life. If we offer our congratulations to the winners and share their happiness, we won't feel sorry for our failure.

In a word, being a good loser will help us to succeed in life. It might be painful at the beginning, but there are many advantages. Good losers set examples to us, and most importantly, they finally win.

6. What can we learn from every failure according to the passage?

- A. A good prize.
- B. A valuable thing.
- C. A secret to success.
- D. A way of life.

7. What's the Chinese meaning of the underlined word "frightful" in Paragraph 3?

- A. 有趣的
- B. 丰富的
- C. 危险的
- D. 可怕的

8. Which of the following is NOT true according to the passage?

- A. We should accept and learn from our failure.
- B. We should remember our failure all the time.
- C. We should take action to walk out of failure.
- D. We should think about how to improve when we lose.

9. What does the writer advise the losers to do after a competition?

- A. Share the winners' happiness.
- B. Join in another competition.
- C. Forget the failure.
- D. Show the regrets.



10. What is the best title for the passage?

- A. Experience in Reducing Problems
- B. Advantages of both Success and Failure
- C. Ideas About How to Avoid Mistakes
- D. Advice on How to Be a Good Loser

C

Many people know that rubbish is a big problem on the planet—Earth. And what many people don't know is that junk has become a problem in outer space, too.

According to BBC News, there are more than 22,000 pieces of space junk floating around the Earth. And these are just the things that we can see from the surface of the Earth through telescopes. There are also millions of smaller pieces of junk that we can't see. Objects, like pieces of old space rockets or satellites, move around Earth at very high speed, so fast that even a very small piece can break important satellites or become dangerous for astronauts. If the tiniest piece of junk crashed into a spaceship, it could damage the vehicle.

To make things worse, when two objects in space crash, they break into many smaller pieces. For example, when a U. S. satellite hit an old Russian satellite in 2009, it broke into more than 2000 pieces, increasing the amount of space junk.

To reduce additional space junk, countries have agreed that all new space tools can only stay in space for 25 years at most. Each tool must be built to fall safely into the Earth's atmosphere after that time. In the upper parts of the atmosphere, it will burn up.

Many scientists also suggest different ways to clean up space junk. In England, scientists are testing a metal net that can be fired into space junk. The net catches the junk and then pulls it into the Earth's atmosphere to burn up. The Germans are building a kind of robots that can collect pieces of space junk and bring them back to Earth to be safely destroyed.

"The problem is becoming more challenging because we're sending more objects into space to help people use their mobile phones and computers," says Marco Castronuovo, an Italian space researcher. "The time to act is now. The longer we leave the problem, the bigger it will become," he says.

11. What does the underlined word "these" in Paragraph 2 refer to?

- A. Telescopes.
- B. Satellites.
- C. Pieces of space junk.
- D. BBC news reports.

12. Why is space junk considered a problem?

- A. Because it burns up after it re-enters the Earth's atmosphere.
- B. Because it often blocks the view of telescopes on Earth.
- C. Because it could force new space tools to travel at slower speed.
- D. Because it may crash into other space tools, causing damage or death.

- D

16. UNESCO holds IMLD every year in order to help people to _____.

- Page 9



D. They translated endangered languages into mother languages.

D. Getting rid of.

D. Young people have creative ways to protect languages.

D. History: a Way to Broaden Horizons

Translation

C. 这部动画片虽然很长,但传达的意思却很简单。

3. Wind is now the fastest growing source of energy in the world.

- A. 风能是世界上生长最快的能源。
- B. 风能目前是世界上增长最快的能源。
- C. 风能是未来我国增长最多的能源。

4. Susan made it clear to me that she wished to start a new life for herself.

- A. 苏珊明确表示，她希望开创自己的新事业。
- B. 苏珊向我保证，她决心开始自己的新生活。
- C. 苏珊向我明确表示，她希望开始自己的新生活。

5. Many countries are setting up national parks where animals and plants can be protected.

- A. 许多国家正在设立公园，在那里植物可以得到保护。
- B. 许多国家正在设立国家公园，在那里动物和植物可以得到保护。
- C. 一些国家正在修缮国家公园，在那里动物和植物得以生存。

Task 2 Translate the following paragraph into English.

正如谚语所说，诚实是上策。如果你想被朋友信任、尊敬，你就得诚实。一个撒谎的人总被旁人看低和提防。的确，各行各业也都意识到诚信的重要性。比如，商人的诚实决定了买卖的公平，一个医生的诚实就是他置人道主义高于一切的天职；就大学生而言，诚实意味着既追求学业的真实又要追求道德修养的真实。以当今的社会标准来衡量，一个纯洁正直的毕业生要比一个脑子好但品行不端的毕业生对社会更有用。

Part VI

Writing

Task For this part, you are required to write a composition of 120 to 180 words. Your writing should be based on the situation given below.

假设你是李华，你的美国朋友 Michael 正在一家孔子学院学习汉语和中国文化，知道中国人很重视家风传承。他在给你的电子邮件中想了解你家的家风以及家风对你的影响。



参考词汇：家风 family spirit



Self-evaluation



Rate your progress after completing the task:				
Objectives	Excellent	Medium	Pass	Fail
You can master the words and expressions of virtue.				
You can talk about behaviour or attitudes that show high moral standards in our lives.				
You will learn to embrace the world with virtue.				
You can write a short essay entitled <i>Embrace the World with Virtue</i> .				
You can make a short video to tell a story of advanced deeds of moral models.				